

# “2012” CLASS TIMETABLE

Reflex Martial Arts Centre is a [world-class gymnasium](http://www.reflexcentre.com.au) with two fully matted floor areas, boxing ring, multiple bags and a variety of Kettle Bells.

[www.reflexcentre.com.au](http://www.reflexcentre.com.au)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am MAT 1		Thai Kickboxing		Thai Kickboxing		Thai Kickboxing
10:45am MAT 1				KIDS 3 to 5 years		
11.00am MAT 1	Thai Kickboxing		Thai Kickboxing			
3:45pm MAT 1/2	KIDS 5 to 11 years		KIDS 5 to 11 years		KIDS 5 to 11 years	
4:30pm MAT 1		TEENS 11 years & up				
5:45pm MAT 1	Women's Kickboxing	Boxing	Women's Kickboxing	Boxing	Thai Kickboxing	
5.45pm MAT 2	Jiu Jitsu (BJJ)	Cross Kettle Bell	Jiu Jitsu (BJJ)	Cross Kettle Bell	Mixed Martial Arts (MMA)	
6:45pm MAT 1/2	Thai Kickboxing	Stick Fighting (Cacoy)	Thai Kickboxing	Sparring Class (Team Reflex)		

Variety of classes offered at convenient times, we're sure you'll find a schedule that works for you and your family.

**Black Belt Course and Personal training are available by appointment.**



**Reflex Martial Arts Centre – Dominic Lavallo**

[www.reflexcentre.com.au](http://www.reflexcentre.com.au)

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**Morning:** Monday to Thursday open for class times and appointments

**Afternoon:** Monday to Friday 3:30pm to 8:00pm

**Saturday:** Open for class times and appointments.....Closed on Sunday

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